



NEWTON SOUTH RECREATION COMPLEX

At the Newton South High School

Operated by the Newton Parks and Recreation Department, the Newton South Recreation Complex offers state of the art health and wellness facilities including a gym, indoor track, fitness room, wrestling/dance room, wellness classroom, and locker rooms.

A variety of sport and recreational activities are offered on Sundays beginning January 3, 2016. Registration is required.

Get out of the house and enjoy one of Newton's many resources!

The Newton South Recreation Complex is located at the Newton South High School in the Athletic Complex, 140 Brandeis Rd, Newton, MA 02459



Setti D. Warren, Mayor
Robert J. DeRubeis, Commissioner
Channon Ames DiCiurcio, Recreation Manager

3 EASY WAYS TO REGISTER

1. **Mail or Walk In** your registration form and payment (checks made payable to City of Newton) to Newton Parks and Recreation, 246 Dudley Rd, Newton, MA 02459

2. **Register Online** at www.activityreg.com Click on Massachusetts and then Newton Parks and Recreation. Click on Register, then Newton South Recreation Complex and then the specific program you are looking for.

3. **Call Newton Parks and Recreation** at (617) 796-1500 for a registration form or visit our website at www.newtonma.gov/gov/parks

2016 Newton South Recreation Complex

All programs run on Sundays January 3, 10, 17, 24, 31 and February 7, 2016 unless otherwise noted.
Register online at www.activityreg.com and click on Massachusetts, Newton Parks and Recreation, then Register

Tennis - Quick Start & Cardio

Quick Start - Strokes, instructional games, hitting, running and rallying fun. We are proud to bring you Quick Start. This new way of teaching kids uses modified nets and balls so everybody can succeed, learn quickly and have a blast! Presented by the world famous Newton Parks and Recreation Tennis staff.

Time: 12:00 - 12:30	4 year olds	\$90.00
12:30 - 1:15	ages 5 & 6	\$117.00
1:15 - 2:15	ages 7 - 9	\$156.00
2:15 - 3:00	ages 6 - 10	\$117.00
3:00 - 4:00	ages 10 - 14	\$156.00
4:00 - 5:00	adult beg-low int	\$156.00

Cardio - Get your cardio workout right here! If you love to sweat you'll love cardio. Here's the drill - warm up, stretch, 40 minutes of non-stop ball hitting cardio, cool down. Cardio tennis is for intermediate to advanced players and is not technical instruction. This class takes place in a gym.

Time: 5:00 - 6:00 Cardio Tennis for Adults \$156.00

Engineering with LEGO® Minecraft

Bring Minecraft to life with tens of thousands of LEGO®! Boys and girls will build engineer designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your own Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft or a seasoned veteran, you'll be hooked on the endless creative possibilities.

Fee: \$125.00

Time: 1:15 - 2:45 for grades K - 2
3:15 - 4:45 for grades 2 - 5



Indoor Archery

Experience the thrill of traditional re-curve archery and find out why one of the world's oldest sports is making a comeback! This course integrates the aiming process with a variety of skill building games. No prior experience is needed. This is a great class for beginners and intermediates. Class is held indoors and all equipment is provided.

Fee: \$150.00

Time: 4:30 - 5:30 Ages 10 +



Badminton Instruction

For ages 8 and older. Learn the rules and how to play, or improve on your current techniques and skills.



Participants may bring their own racquet or borrow one from the instructor.

Fee: \$100.00

Time: 12:15 - 1:15 Ages 8 - 14
1:30 - 2:30 Ages 14 & over

Family Badminton

Reserve a court to play badminton with your family and friends. All ages are welcome. Maximum 6 people per court. You may reserve more than 1 court if you need additional space. Nets will be set up, but players must bring their own equipment.

Fee: \$60.00

Time: 2:45 - 3:45, 3:45 - 4:45, or 4:45 - 5:45

Badminton Tournament for B and C

Level Singles and Doubles

Men's, women's, mixed double, youth and over 50 doubles and singles divisions are offered. Please go online to activityreg.com to register.

Fee: \$20.00/open division, \$15.00/youth division

Time: 10:30 - 6:30 pm

Dates: Saturday and Sunday Date TBA

Pickleball

Drop In pickleball for adults. Join others for round robin pickleball play. Nets will be set up, and paddles are available to borrow if needed.

Fee: \$60.00

"Over 55" \$30.00

Time: 2:30 - 4:00

Winter Wellness Workshop Series

Join us for discussions on nutrition, fitness, health and more at this weekly winter workshop series. Each week features a different topic.

Fee: \$2.00 donation per class

Time: 1:00 - 2:00

Walking and Weights

Walk on the indoor track and get in a workout in the weight room.

Fee: \$30.00

"Over 55" \$10.00

Time: 2:00 - 4:00





NEWTON PARKS & RECREATION DEPARTMENT

Newton South Recreation Complex

Registration Form



Last Name _____ Address _____

Phone (H) _____ (W) _____ City _____ Zip _____

Email _____

Emergency Contact _____ Phone _____

Allergies/Limitations _____

Family Member's Name	DOB	Program Name	Program Time	Fee

Please use a separate line for each participant in each program. To register for the Badminton Tournament please use the Badminton registration form or go online to activityreg.com

TOTALS Registration is also available online at www.activityreg.com \$ _____
Add all of the fees for your family. Checks made payable to City of Newton.

Release From Liability and Indemnity For Participation In The Newton Parks and Recreation Department - Newton South Recreation Complex

I/We, the undersigned parents/guardians/self of the _____ family, do hereby consent to our participation in the Newton South Recreation Complex. I/WE forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/WE may now or hereafter have as the parent(s) or guardian(s) of said family, and also all claims or rights of actions or damages which said family has or hereafter may acquire, either before or after our participation in the Newton South Recreation Complex. FURTHERMORE, I/WE hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said family growing out of or resulting from injury to said family in connection with our participation in the said Newton South Recreation Complex and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said family's participation in the said Newton South Recreation Complex.

Signature of Self/Parent(s)/Guardian(s) *Relationship* *Date*

Return this form **with payment** to Newton Parks & Recreation * 246 Dudley Rd* Newton, MA 02459